

# Fair Shares News

Spring 2017

GLOUCESTER

## TRIPS AND LUNCHES

**Wed 3 May**

**Bluebells in the Forest of Dean**

Leave at 10.30am for a trip to the forest followed by lunch

**Thu 25 May**

**Lunch at Farmers Arms, Apperley**

Meet there at 12.30

**Wed 31 May**

**West Midlands Safari Park**

Leave at 10am, back by 5pm

**Sun 18 June**

**Three Counties Show**

Leave at 9.30am and be there all day

**Thu 29 June**

**Lunch at Highfields Garden Centre**

Meet there at 12.30

**Thu 13 July**

**Visit Raglan Castle**

Leave at 10am

**Thu 18 July**

**Lunch at Wheatstone Inn**

Meet there at 12.30

**Sat 2 July**

**Kew Gardens**

Leave at 8am (early start we know!)

**Wed 16 Aug**

**Barry Island**

Leave at 9am

**Wed 30 Aug**

**Lunch at The Edgemore Inn**

Meet there at 12.30

Please let us know if you want to come on any of the trips, or if you need a lift for any of the lunches. For all the trips we will leave from Chequers. Costs of the trips are based on how many people are going and what group discounts we can get our hands on. So just give us a call to find out more.

## SPRING HAS SPRUNG... WELL ALMOST

The nights are getting lighter, the days are getting warmer, and the flowers are blossoming. Now if we could just sort out the cold and rain everything would be great! We hope everyone managed to fight their way through the long winter months. Looks like it will be an exciting year coming up and I know we here at Fair Shares have a lot planned.

Our trips have been really popular and we've been asked to get more in the diary. But always remember that if you have any good idea for where we can go, let us know. We're always looking for new and interesting places to visit. You'll also see we have a few big events lined up this year that we hope many of you can come along to.

Of course with Spring finally here, life will start to flourish again in our gardens, which means.... we need gardeners! Requests for lawn mowing, weeding, hedge trimming and general tidying up will start to fly in. So if you're keen on helping out with some gardening please give us a call. We'll need as many hands as we can get. Or feel free to share this newsletter with someone who may. (or if you have any DIY skills as well – they are always in demand)



## CALL US IF YOU WANT TO BE MORE INVOLVED!

Please always remember that the core of fair Shares is about people helping people. It's about all of us in the community sharing skills, abilities and experiences with others. It's about how we can all grow stronger together by being good neighbours.

So if you need a hand with something or you want to get more involved and give your time, please give us a call at the office.

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## HI I'M RICH – PLEASED TO MEET YOU



I've worked with Fair Shares for five years now but many of you might not have met me as I work mostly with young people. Before Fair Shares I was running my own garage for 30 years mentoring many young mechanics and helping them develop; several have now gone on to set up their own garages and their own businesses. I have also spent 10 years working at the Gloucester night Shelter supporting the homeless. We helped many people who had complex issues to get back into work, housing and relationships. When the night shelter closed down, I started working at Fair Shares. But I managed to bring my old boss, Gary, with me. Gary works with me every day of the week, giving his time as a volunteer.



I currently work four days a week for Fair Shares and one day a week at St James City Farm for the Friendship Café. All of my work is to support young people. I work closely with Reyaz and Gary and we teach life skills and practical things like DIY and gardening. We've taken on jobs like laying patios, fixing fences, wallpapering, lawn mowing, putting up sheds and all sorts of other things. Most of the jobs are to help elderly participants in the timebank, and the young people learn skills in a hands-on way (and brings people of different ages together).

Many of the young people we work with have anxiety problems or could be having difficulties at school because they don't fit in. We try to show them different ways they can be part of the community, using skills they might not know they have. The biggest differences we see are huge improvements in their confidence and self-esteem. That's the bit I enjoy most, seeing the difference in the young people we work with.

## LAWN BOWLS

We met up with Jon from Painswick Falcon Bowling Club. They are really keen on getting more people interested in lawn bowls and just for more people to see what they do. They are one of the oldest bowls clubs in the country and their bowling green goes back as far as 1554. As you can see in the picture it's a beautiful place hidden in Painswick.

So we're looking to spend a lovely summer afternoon with them, trying our hand at a few games of bowls. We'll then arrange some sort of lunch at their club house. We haven't got any dates set for this yet, but if you are interested, please give us a call.





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Spring 2017

GLOUCESTER

## BEFRIENDING

Do you have some spare time that you may be able to offer as a befriender? There are so many people in our local community who are lonely and isolated due to their age or disability and they struggle to meet people and get out. Could you offer an hour a week to meet up with someone and have a chat over a cuppa? This could help boost their mood and really give them something to look forward too. For some people the day can be very long with only the TV or radio for company; you really could make a huge difference. So if you are interested or know anyone that might be, please contact us.

One of our befrienders, Nora, had this to say about her experiences:

***After a decade of working as a Carer, I was looking forward to retirement but the reality was that I was not ready to put my feet up. Fair Shares gave me the opportunity to support people in a practical way, by taking them out and providing companionship. What surprised me is how much the experience has enriched my own life. I really do enjoy meeting new people, staying active and I have made some really good friends along the way.***

***I would also like to thank Shelley, Reyaz and all at Fair Shares for their continued support to me.***

***Nora (a very happy and grateful befriender)***

## BOURNEMOUTH HOLIDAY – 11-14<sup>TH</sup> SEPTEMBER

Once again we'll be going to Bournemouth for a three day holiday. This year should be our biggest holiday yet as we're joining up with participants from Stroud as well. It's a great time to get away, just after the school holidays so we get all the lovely beaches to ourselves while the sun is still out!

We'll be going on Monday the 11<sup>th</sup> of September and back on the Thursday, staying 3 nights. The cost will roughly be £100 per person for a shared room. Call Shelley if you are interested or want to know more.



## FAIR SHARES PRISONS PROJECTS

This past month has seen an expansion of the number of prison project sites and Fair Shares is beginning work with HMP Dartmoor to create a Time Bank within this historic venue. Hours banked by the offenders who volunteer in Dartmoor, will be used within the prison, sent out to be used by offenders' families or sent to be used by participants of Plymouth time bank. It's all in development but Penny, our new member of staff already has a list of ideas to implement.

The Women at EWP continue to generate hours for the good will pot and were really pleased to have received a thank you letter from one of our participants who had received support from the time bank to help her with her shopping.



The hours donated by volunteers at HMP's Leyhill and Erlestoke continue to grow; the Times2 Maths mentors at Leyhill banked 467 hours in 2016 and the mentors at Erlestoke are planning to deliver a new Maths /Football course for men whose Maths is currently at entry level 3.

Due to the increase in the number of hours being donated to our goodwill pot by the prisoners, we are looking for more participants who have gardening and DIY skills to help us to spend the hours to benefit those in the community who need the help.

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## OUR REGULAR ACTIVITIES

### LUNCH GROUP: Mondays

1.30pm food is served, or you can come along from 11am and help out with the cooking. There is no charge for the lunch but we always welcome donations. Mondays is also a great day if you just want to pop by to catch up with us and see how things are going.

### ART GROUP: Tuesdays

2pm-4.30pm. Learn some arts and crafts and take part with some of our larger projects.

### ALLOTMENT PROJECT: Thursdays

11am-3pm. At our allotment at the City Farm. Learn about food growing and gardening and help us create a beautiful shared space.

### ARCHERY: Thursdays

8pm. Try your hand with a bow and arrow!

### WOODWORKING:

#### Mondays/Tuesdays/Fridays

11am-3pm. Come and work with Jon, learn some new skills, or help out with some of the large pieces of work that he's building.



## THANKS BEKKI

Bekki has been helping out at our Tuesday art group for about a year now. She has been an incredibly dedicated volunteer helping and supporting the participants, and sharing all of her artistic skills and talents with us. Sadly for us, she'll be moving onto new adventures.

You'll be missed by all of us and we wish you all the best (and hope you come back to visit us whenever you can).

## EXTRA ART GROUP

In addition to our Tuesday Art Group, we will be running a short course with Art Shape on Friday mornings throughout May. The course will provide an opportunity to work towards raising funds for a good cause by meeting up and making craft items in a friendly environment.

Sessions will run for four Fridays beginning on Friday 5th May from 10am-1pm at Chequers. If you would like to take part in our "Good Causes Project" we would love to hear from you.

## CONFIDENCE BUILDING COURSE

Adult Education are running a course to help develop self-awareness and self-confidence and looking at things like personal presentation and your impact on other people. **It's a six week course held at the Friends Meeting House, Greyfriars, Southgate Street. Dates are: 19/26 June 10/17/24/31 July.**

For more information you can contact them on 0800 5421655 or email [learn@gloucestershire.go.uk](mailto:learn@gloucestershire.go.uk)

## AN OPPORTUNITY TO LEARN EVERYDAY SEWING SKILLS

Would you like to learn basic sewing skills, make a simple cushion, how to repair or alter garments, or even create a new summer outfit? Practice using a sewing machine with us and before long you'll be whizzing along!

It doesn't matter if you can already sew or are a complete beginner, we'll have some fun learning new skills together.

We'd love to hear from anyone who might be interested. Contact **Sue 07720638404** or speak to anyone at the **Fair Shares Gloucester office 01452 415900**





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## THE FAIR SHARES FUN DAY – We need YOU!

We're hold a fun day on the 13<sup>th</sup> May and have a lot of activities planned for it. It's an open event to bring in families from the local community and to offer people the chance to get involved in what we do. We'll of course be needing lots of help to organise, promote and run the event. If you'd like to spend some time to be part of this, please get in touch.



## BARTON AND TREDWORTH CULTURAL FAYRE

We have helped organise the cultural fayre for the past four years and this year we hope it will be bigger than ever. It's our annual event to celebrate all the amazing cultures and traditions of the area. We have performances from Morris dancing to Tai Chi and free taster food from all the different communities in the area. There's also plenty of activities for kids. **The date is set for Saturday August the 19th, and it will be held in St James Park.**

If you'd like to help out or if you'd like to showcase your community through food or performance, please give Reyaz a call.



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Spring 2017

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## ROOTS COFFEE MORNING

We now have a regular coffee morning at Roots Coffee shop on Alvin Street in Kingsholm on the first Thursday of every month between 10.30 and 12.30. It's a great community café with a lot of stuff happening and we hope to have more involvement with them in the future. We also realise there are a lot of residents in the surrounding area so we hope to become regular faces in the café, to sign up new people to the Time Bank. If you live in the area, know someone that does or you fancy a change of scenery please pop down and visit us.

If you would like any further information, please contact Shelley or Emma.



## FAIR SHARES CELEBRATION

We will be holding another event at The Chequers Bridge Centre to showcase some of the activities we have been involved in over the last 12 months. Make a note in your diary, Wed 12th July to join us and celebrate the amazing things local people are doing for their community.

If you'd like to take part in helping us organise the celebration or have any ideas of what we can do, please get in touch with us – Speak to Sue in the office 01452 415900.

## REYAZ AT DOWNING STREET

Just before Christmas, Reyaz was invited to go to 10 Downing Street to take part in a charities reception. The invite was officially for him as the Chair of Friendship Café, but he was there representing everything we do and talk about all the work of Fair Shares and Friendship Cafe.

The invite was from MP's Karen Bradley and Rob Wilson from the ministry of Civil Society. It was an occasion to celebrate the contribution charities and community organisations make to our society, and really a good opportunity to just get our message out there again.



## CLASSROOM AT THE ALLOTMENT

It's the start of spring and that means the allotment is back in action. Down at St James City Farm we've decided to change the poly tunnel into more of a learning environment.

Seats and tables, donated from the farm's cafe, have been placed along one of the tunnel's sides. Our goal is that when in 'full bloom' people can be taught amongst the produce in a kind of 'living' room. Rob, who runs the allotments, has previous experience teaching others about allotment work. It'll also give a good space to have a break during harsher weather.

Primary school children that we work with can come along and be taught all about germinating seeds and caring for plants. They'll have actual examples within reach and be able to touch and smell them. Similarly adults could learn about conservation in a work based environment and see the importance of freshly grown vegetables.

We hope this will be a comfortable and safe area where anyone and everyone can learn to appreciate nature and the joy of growing their own food. Come along and join us!



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